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*ENGLISH TRANSLATION OF PCT/EP03/04031*

**Claims**

1. Physiologically compatible , phospholipid-containing stable and hard matrix consisting of a supporting material and a bioactive component, characterized in that the total matrix has a total diameter between 0.1 and 5000  $\mu\text{m}$  and that it contains  $\geq 5\%$  by weight, based on the starting material, of acetone-insoluble phospholipid components as the bioactive component.
2. Matrix as claimed in claim 1, characterized in that it contains between 5 and 90 % by weight, in particular between 20 and 80 % by weight and particularly preferably between 40 and 70 % by weight, in each case based on the starting material, of acetone-insoluble phospholipid components.
3. Matrix as claimed in one of the claims 1 or 2, characterized in that it contains (lyso)phosphatidyl serine, (lyso)phosphatidyl choline, (lyso)phosphatidyl ethanolamine, (lyso)phosphatidyl inositol, (lyso)phosphatidyl glycerol and/or derivatives thereof and/or sphingophospholipids, in particular sphingomyelin as acetone-insoluble components.
4. Matrix as claimed in one of the claims 1 to 3, characterized in that the supporting material contains (un)modified carbohydrates and proteins, hydrophobic materials such as waxes, triglycerides, lipids and polymers or mineral components such as silicates and mixtures thereof.
5. Matrix as claimed in claim 4, characterized in that the carbohydrates are starch (derivatives), mono- and disaccharides and sugar alcohols thereof, glucose syrup, dextrans and hydrocolloids such as alginates, pectins, chitosan and cellulose (derivatives).
6. Matrix as claimed in one of the claims 4 or 5, characterized in that the proteins are plant, animal or microbial proteins such as zein, gluten, gelatin, casein, whey proteins, soybean protein as well as single-cell proteins, texturized proteins or mixtures thereof.

7. Matrix as claimed in one of the claims 1 to 6, characterized in that the proportion of supporting material is  $\leq 95$  % by weight and in particular between 30 and 80 % by weight based on the total weight of the matrix.
8. Matrix as claimed in one of the claims 1 to 7, characterized in that it contains additional bioactive substances such as amino acids, vitamins, polyphenols, carbohydrates, lipids, trace elements, mineral substances and suitable derivatives thereof.
9. Matrix as claimed in one of the claims 1 to 8, characterized in that the total matrix has a diameter between 10  $\mu\text{m}$  and 1000  $\mu\text{m}$  and in particular between 50 and 500  $\mu\text{m}$ .
10. Matrix as claimed in one of the claims 1 to 9, characterized in that it is spherical or lens-shaped.
11. Matrix as claimed in one of the claims 1 to 10, characterized in that it has liquid contents.
12. Matrix as claimed in one of the claims 1 to 11, characterized in that it is present in the form of a microcapsule.
13. Use of the matrix as claimed in one of the claims 1 to 12 in functional foods, special foods and dietary supplements, in particular with delayed release.
14. Use as claimed in claim 13, characterized in that the matrix is used to prevent elevated serum cholesterol levels and diabetes symptoms, to strengthen mental fitness, exercise tolerance and fitness.